



# ParentZone Eastern Newsletter Term 3 2021

News and Information on Programs and Services to  
Support Parents Across the Eastern Region of Melbourne

E: [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

M: 666 Montain Hwy Bayswater 3153

P: (03) 9721 3646

**BETTER  
TOMORROWS**

# Table of Contents



<b>What's New at ParentZone?</b>	<b>3</b>
<b>Term 3 Parenting Programs</b>	<b>4 - 6</b>
<b>Term 3 single information sessions and webinars</b>	<b>7 - 9</b>
<b>Support for parents of 0-6-year-olds (Early Years)</b>	<b>10 - 11</b>
<b>Support for parents of 7-11-year-olds (Middle Years)</b>	<b>12</b>
<b>Support for parents of 12-18-year-olds (Youth)</b>	<b>13</b>
<b>Youth Services (12 to 24 years)</b>	<b>14 - 15</b>
<b>Disability or Developmental Delay Programs and Services</b>	<b>16 - 17</b>
<b>Aboriginal and Torres Strait Islander Support for Families</b>	<b>18</b>
<b>Culturally and Linguistically Diverse Families</b>	<b>19</b>
<b>Family Violence Support</b>	<b>20</b>
<b>Support and Programs for Dads</b>	<b>21</b>
<b>Useful Contacts for Families</b>	<b>22</b>
<b>Eastern Region Community Services</b>	<b>23</b>
<b>Partnering and Training with ParentZone</b>	<b>24</b>

# What's New at ParentZone?

was fantastic to provide a broad range of groups again to families offering Parenting as a Team, Dads Matter, Taming Teens, Raising Resilient Kids, Emotion Focused Parenting and our very popular webinars – Dad's Toolkit and Tweens and their Screens in partnership with City of Whitehorse Council.

We plan to provide more face to face groups in term 3 with Surviving Separation and Laurie working in partnership with our Southern team to provide Beyond the Violence for women and their children. However, some groups will continue online so we can reach more families wanting these services – Dad's Matter and Raising Resilient Kids will be offered online along with some one-off sessions, further information below.

Thanks to additional funding from Yarra Ranges we will be running a New Mums and Bubs group, this was paused due to the short lockdown but will continue in to term 3. The change in circumstances shows again the need to support new parents due to the isolation they have faced throughout the last year.

Thanks to the success of the Living with Autism program provided in the East for the first time, Michelle will continue to offer this as part of the Strengthening Parent Support Program in term 3. The peer support programs will also continue both online and face to face, again the mix ensuring there is something for everyone depending on their needs and capacity.

For professionals we have again been able to offer our Parents Building Solutions to professionals in term 2 with a large group attending online. This was delivered in partnership with the team in the North which again is one of the positive outcomes of our new way of working.

This newsletter has some great information about other programs and services available in the Eastern Region, so please check it out and get in touch if you need any further information

**Keep well!**

**From the ParentZone Eastern team**

**Jo, Sharon, Julia, Michelle, Laurie and Tamara**

# Term 3 ParentZone Parenting Programs

Free ParentZone parenting programs for parents living in the Eastern Suburbs Melbourne

## Surviving Separation

### Are you in conflict with the other parent?

Would you like to:

- Better manage you parenting arrangements?
- Better manage to best support you children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?

**When:** Wednesdays - 21st July to 8th Spetember 2021

**Where:** Central Ringwood Community Centre, Bedford Park, Rosewarne Ln, Ringwood

**Time:** 7.00pm - 9.30pm

### Bookings:

Julia at Parentzone  
9721 3629 or 0400866 495



## Dads Matter

### A Parents Building Solutions Program for fathers

Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Improve your relationship with your child?

### When:

Monday (6 evening sessions)  
26th July to 30th August

**Time:** 7.00pm to 9.00pm

### Bookings:

Julia at Parentzone  
9721 3629 or 0400866 495

## Alleviate Your Child's Anxiety Interactive Online Workshop

Join Laurie Arrowsmith from Eastern ParentZone for a 2-hour interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Suitable for parents and carers of children aged 5 to 12 year

### When:

Tuesdays - 31st August 2021

**Time:** 12:00 - 2:00pm

### Bookings:

(Click on the link to book)

<https://www.trybooking.com/BRXHT>

**PARENTZONE**

# Term 3

## Parenting Programs

### LIVING WITH AUTISM

**7-week parenting program bringing together parents living with a child with Autism**

Are you the parent or carer of a child who has a diagnosis of autism?

This free 7-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

**When:**

Wednesday July 28 - September 8th 2021

**Time:** 7.00pm - 8.30pm

**Bookings:**

To book please email

Michelle.emeryevans@anglicarevic.org.au

If you'd like more information feel free to

contact Michelle on 0438 646 744

### New Mums and Bubs Group

**Baby Play and Self-Care Activities for first-time mums with a baby born in 2020?**

**Would you like to:**

- Meet other first-time mums living in Yarra Ranges?
- Discover baby play ideas, songs, and movement activities?
- Explore your strengths and nurture your wellbeing as a mother?
- Discover free services, programs, and activities available to support you and your baby?

**When:** Wednesday afternoons (4-week group)

July 14th to September 8th, 2021

*Please note new start dates*

**Time:** 1:30 to 3:30 pm

**Where:** Rolling Hills Family & Children's Centre  
54-56 Landscape Drive, Mooroolbark

**Cost:** Free of charge for first-time mums with babies born in 2020

**Email:** sharon.muir@anglicarevic.org.au

**Phone / Text: Sharon** 0438 683 049

### Online Mindful Parenting Group For Mothers

- Have reactive mood swings?
- Have relationships that are intense and unstable?
- Have a changeable sense of self?
- Experience intense anger or have difficulty controlling your anger?
- Act impulsively?
- Have feelings of emptiness?

**Cost:**

\$50 for 10 sessions, \$5 for follow-up mindful parenting sessions (participants experiencing severe financial hardship may apply for a fee waiver)

**Location:**

Online (Participants will receive a secure Zoom link and password)

If you are interested please contact: Dr Roslyn Galligan 9214 5345 rgalligan@swin.edu.au

### Triple P Parenting Program

The Triple P – Positive Parenting Program provides practical strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. Free to attend online

**Bookings:** <https://www.triplep-parenting.net.au/vic-uk/en/triple-p/>



# PARENTZONE

# Term 3

## Parenting Programs

### COACH Mentoring

Long-term (1 year) 1:1 mentoring for adults who are seeking support in a range of areas e.g. social isolation, parenting, life skills, health, and disability. Participants select their own goals and are matched with a trained volunteer

**Contact person:** Rosie Merrigan (M-Thurs)

**Contact phone:** 0410 934 999

**Email address:** rmerrigan@sb.org.au

### Young Parents Group

A support group for young parents under the age of 25 years

**Where:** Marie Chandler Playgroup room, 25 Park Crescent Boronia

**When:** Friday, weekly

**Time:** 10:00am - 12:00pm

**Contact:** Michelle Pascoe 9298 8311

**Email:** michelle.pascoe@knox.vic.gov.au

### Singles Mum's Group

An opportunity for Mum's with children from 0 - 11 years, to invest time into yourself and your family over a cuppa, whilst enjoying 'time out' from your busy schedule and your children play together.

- Improve your parental confidence and self esteem
- Share pearls of wisdom and practical tips to help simplify your life
- Build new friendships with those on a similar journey
- Explore parenting topics that help navigate issues you may struggle to deal with
- A fun, friendly environment with a Pre-school age children's program.

**Where:** CityLife Community Care. 1248 High Street Road Wantirna South.

**When:** 1st and 3rd Thursdays each month

**Time:** 10am - 11:30am

### Relationships Australia Parenting Programs

<https://www.relationshipsvictoria.com.au/courses/relationship-education/category/1>

### Courage to Heal Program

#### Family Violence Support Program

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence. The program runs weekly during school terms and breaks over school holidays. Across the 12 months we cover a different topic or module per term

Topics include:

- Understanding Abuse
- Managing Strong Emotions
- Assertiveness & Healthy Boundaries
- Building Healthy Relationships

**Who:** The program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are not longer in an abusive relationship and are able to commit to the 12 month program.

**Cost:** Free

**Where:** The Womens Centre

**When:** Starting Mid July - Tuesdays 11:00am - 1:30pm

**Contact:** Beth Taylor on 0423 911 428 or [beth.taylor@crosswaylifecare.org.au](mailto:beth.taylor@crosswaylifecare.org.au)

**PARENTZONE**

# Parenting Single Sessions - information forums and webinars



## Free interactive workshops programs for parents living in the Eastern Suburbs of Melbourne

### Alleviate Your Child's Anxiety

#### Interactive Online Workshop

Join Laurie Arrowsmith from Eastern ParentZone for a 2-hour interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Suitable for parents and carers of children aged 5 to 12 year

#### When:

Tuesdays - 31st August 2021

**Time:** 12:00 - 2:00pm

#### Bookings:

(Click on the link to book)

**<https://www.trybooking.com/events/lauding?eid=735931&>**

*Please note: You will need a device that has access to video and audio, as well as a quiet child-free place to be able to participate.*

### Headspace

Supporting young people during COVID - 19

headspace Syndal in partnership with headspace National, are hosting a webinar for parents and carers of young people to support their mental health through COVID-19.

**When:** Monday 28th June

**Time:** 7pm 8.15pm AEDT

#### Bookings:

**<https://www.eventbrite.com.au/e/syndalco-vid-19-parent-and-carer-webinarsupporting-young-people-registration158325508859>**

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar.

**Contact:** For more information email **[headspaceSchools@headspace.org.au](mailto:headspaceSchools@headspace.org.au)**

**PARENTZONE**

# Parenting Sessions - information forums and webinars



## Whitehorse Council Parenting Forums

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/family-activities-and-resources/parenting-information-forums>

## Parenting Anxious Children

Create an understanding of: the role of anxiety and normal childhood development; signs and symptoms to be aware of; different types of anxiety; strategies and methods to support your children; and provide information of where to go for further help, support and information.

**When:** Tuesday 24 August

**Age range:** Parents and Carers of School aged Children

## Manningham City Council

<https://www.manningham.vic.gov.au/Parenting-Seminar-Series>

## Knox City Council

Free Parent Workshops

<https://www.knox.vic.gov.au/parentworkshop>

### Topics:

- Link to eSafety commissioner webinars
- Links to local parent support groups

## Boroondara City Council

Free Parent Information Sessions:

<https://www.boroondara.vic.gov.au/community-support/boroondara-families/activities-families/activities-parents-and-caregivers>

### Starting Solid Foods

- Tue 20 July 2021
- 1:00pm - 2:30pm
- Tue 20 July 2021 - Tue 12 October 2021
- Online Camberwell VIC 3124





# Parenting Sessions - information forums and webinars

## Maroondah City Council

<https://www.maroondah.vic.gov.au/Community-support-business/Children-and-families/Parenting-information-sessions>

### Reach out and Connect:

#### The Suicide Conversation for Parents

**Supportive connection is early prevention.**

Join us for this webinar presented by Life Connect Neami National, to help recognise and support young people who may be at risk of suicide.

Topics:

- Suicide and suicidal thinking are more common than most people realise.
- Young people are at increased risk of suicidal thoughts and behaviours - understand why a young person might feel this way.
- Gain confidence in asking appropriate questions and listening with empathy.
- Learn how to play a part in community suicide and support the wellbeing of young people in your family.

**When:** Thursday 7th October

**Time:** 7pm -8pm

**Booking:**

<https://www.trybooking.com/events/landing?eid=760204&>

### Taming the Technology :

#### Parenting in the cyber age

If you have recently felt like your child's device has become an extension of their body, had an argument about how much time they spend online or just had concerns about what they're accessing then you are in the majority of Australian parents and carers who feel exactly the same way!

This session is for parents and carers only; and will provide essential information and resources you can access to protect your children online and navigate the internet safely together.

**When:** Thursday 26th July

**Time:** 7pm - 8:30pm

**Contact:**

[childrens.services.events@maroondah.vic.gov.au](mailto:childrens.services.events@maroondah.vic.gov.au)

**Booking:**

<https://www.trybooking.com/events/landing?eid=762080&>

## Yarra Ranges Council

Free Family Webinars

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>

**Topics:**

- Parenting through stress and isolation
- Mindful parents
- Connection based parenting
- reconnecting after trauma
- Taming the tiger
- Kinder and school transition/readiness

## Monash City Council

Free Parent Services and Programs

<https://www.monash.vic.gov.au/Services/Children-Family/For-Parents/Parenting-Programs>

**Topics:**

- Family support services
- parenting adolescents programs
- Parenting workshops and resources

**PARENTZONE**

# Support for Parents of 0 to 6-year-olds

## Maternal & Child Health Centres

### Boroondara MCH Centres

Bookings phone 9278 4606 or email  
boroondara@boroondara.vic.gov.au

- 1 Cherry Road Balwyn (03)9836 8151
- 5 Anderson Rd, Hawthorn East (03) 9835 786121
- Strathalbyn St, Kew East
- 152 Pakington St, Kew (03) 9853 9466
- Kendall St, Canterbury VIC (03) 9836 2106



### Knox MCH Centres

Bookings phone 9298 8741

- Billoo Park 40 Birchfield Crescent Wantirna
- Forest Road (Cnr. Stockton Ave) Ferntree Gully
- Knox CFC - 41 Phyllis Street Bayswater
- Knox CFC - 81 Argyle Way Wantirna Sth
- Knoxfield 81 Anne Road Knoxfield
- Liberty 77 Liberty Avenue Rowville
- Murrindal 100 Murrindal Drive Rowville
- Marie Chandler Park Crescent Boronia
- Wattlevue 17 Fuchsia Street Ferntree Gully

### Monash MCH Centres

Bookings phone 9518 3662

- Batesford Hub: 94 Batesford Road, Chadstone
- Brandon Park: 7 Collegium Avenue Wheelers Hill
- Clayton Comm Centre, 9-15 Cooke Street Clayton
- Huntingdale: 59 Greville Street Oakleigh East
- Kerrie: 35 Boyanna Road Glen Waverley
- Mount Waverley: 35 Sherwood Road Mt Waverley
- Mulgrave: 55 Shaftsbury Drive Mulgrave
- Oakleigh: Link Centre, 8-10 Johnson St, Oakleigh
- Pinewood: 11 Pinewood Drive Mount Waverley

### Manningham MCH Centres

Bookings phone 9840 9188 or  
email mchadmin@manningham.vic.gov.au

- 5/7 Derreck Ave, Bulleen (03) 9840 9188
- 1/687 Doncaster Rd, Doncaster (03) 9840 9188
- 39 Mayfair Ave, Templestowe Lower (03) 9840 9188
- 510-518 Blackburn Rd, Doncaster East 9840 9188
- Tunstall Rd, Doncaster East (03) 9840 9188

### Whitehorse MCH Centres

- Blackburn North Family Centre 9898 3611
- Box Hill South Family Centre 9889 8900
- Burgess Family Centre Box Hill North 9898 3611
- Forest Hill Family Centre 889 8900
- Mitcham Family Centre 9262 6332
- Vermont South Family Centre 92626332

### Maroondah MCH Centres

- Arrabri House Bayswater North 9729 4017 90
- Bonnie View Road Croydon North 9294 5777
- Croydon Civic Square 9294 5540 or 9294 5541
- Norwood Centre, Ringwood 9870 7264 / 98798813
- 75 Patterson Street Ringwood East 9879 6583127
- Oban Rd, Ringwood North 9876 3307, 9879 0854
- Tarralla, 38 Gracedale Ave Ringwood Est, 9294 577

### Yarra Ranges MCH Centres

Central Maternal Child Health 1300 368 333

- **Urban Maternal and Child Health Centres:** Chirnside Park, Kilsyth, Lilydale, Mooroolbark, Montrose, Mount Evelyn
- **Hills Maternal and Child Health Centres:** Belgrave, Belgrave Sth, Monbulk, Selby, Upwey
- **Valley Maternal and Child Health Centres:** Badger Creek, Coldstream, Healesville, Wandin, Warburton, Woori Yallock, Yarra Glen, Yarra Junction

# Support for Parents Early Years - 0 to 6 year olds

## Maternal & Child Health Telephone Service

Confidential, 24-hour Maternal and Child Health Line provides information and advice about the care and health of your child (from birth to school age). Discuss your concerns about child health and nutrition, breastfeeding, your own health, and any parenting issues

**Phone: 13 22 29**

## Child and Family Services Information, Referral and Support Teams (Child FIRST)

Easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

**Phone: 1300 762 125**

Knox, Maroondah, and Yarra Ranges

**Phone: 1300 369 146**

## SmallTalk Supported Playgroups

Free facilitated playgroups for families with a child aged 0-6 years who have a current Health Care Card. The program provides strategies to support children's early learning and development.

### **Knox Council:**

9298 8348 or [play@knox.vic.gov.au](mailto:play@knox.vic.gov.au)

### **Monash Council:**

[playgroups@monash.vic.gov.au](mailto:playgroups@monash.vic.gov.au) or 0466 026 290

### **Whitehorse Council:**

[supportedplaygroup@whitehorsevic.gov.au](mailto:supportedplaygroup@whitehorsevic.gov.au)

### **Yarra Ranges Council:**

[earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) 1300 368 333

## Early Parenting Services

Day stay, residential, and group services provided to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. For parents children up to 4-years of age.

### **Where:**

O'Connell Family Centre, Canterbury

**Phone:** (03) 8416 7600

Queen Elisabeth Centre, Noble Park

**Phone:** (03) 9549 2777

Tweedle Child and Family Health Service, Footscray

**Phone:** (03) 9689 1577

## Australian Breastfeeding Association

The Breastfeeding Helpline is available 24hrs, 7 days a week, staffed by trained volunteer counselors who answer in their own homes. Phone: 1800 686 268

Local groups meet regularly to provide information, "mother to mother" support, and activities in community centres, cafes, local parks, and online.

Whether, pregnant, fully breastfeeding, partially breastfeeding, expressing or bottle-feeding all mothers will be welcomed.

Visit website to find local group meetings dates, times and locations.

[www.breastfeeding.asn.au/contacts/groups](http://www.breastfeeding.asn.au/contacts/groups)

## Post and Antenatal Depression Association (PANDA)

Provides support, information, referral, and counseling to any new parent struggling during pregnancy or after the birth of their baby. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the helpline.

**Phone: 1300 726 306**

**PARENTZONE**

# Support for Parents Middle Years - 7 to 11 year olds



## Child and Family Services Information, Referral & Support Teams (Child FIRST)

An easily accessible, community-based point of entry for children, young people, and families needing support.

Boroondara, Manningham, Monash, and Whitehorse

**Phone: 1300 762 125**

Knox, Maroondah, and Yarra Ranges

**Phone: 1300 369 146**

## Eastern Child & Youth Mental Health Service (CYMHS)

**Eastern Health** CYMHS is one of thirteen Specialist Mental Health Services in Victoria for children and young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioral disturbance.

The service is available to families who live in the central and outer eastern region of Melbourne

1300 721 927 (Press Option 2)

After hours/weekends urgent enquires: 1300 721 927

**Website:** <https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs>

## Alleviate Your Child's Anxiety

### Interactive Online Workshop

Join Laurie Arrowsmith from Eastern ParentZone for a 2-hour interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Suitable for parents and carers of children aged 5 to 12 year

### When:

Tuesdays - 31st August 2021

**Time:** 12:00 - 2:00pm

### Bookings:

(Click on the link to book)

<https://www.trybooking.com/BRXHT>

**PARENTZONE**

# Support for Parents Youth - 12 to 18 year olds



## Breaking the Cycle

A program for parents, stepparents, and carers of 10 to 18 years olds who are abusive or violent in the home.

**When:** Wed 21st July – 8th September 2021

**Time:** 10:00am – 12:00 pm

**Where:** 7-11 Shipley St, Box Hill, or online.

**Cost:** Gold coin donation

**Phone** Meridian Intake on 03 9896 6322 or

**Email:** meridian@anglicarevic.org.au

## Parent Support Group

For Parents Supporting Someone with Drug or Alcohol Issues

- Improve your knowledge of alcohol and other drugs
- Improve communication skills and family relationships
- Develop strategies to manage your own stress and tension
- Improve your parental / carer confidence and self-esteem

Contact: Leigh 0427 975 071

Cost: Free of Charge. Bookings Essential

## Meridian Youth and Family Therapy - Anglicare Box Hill

Therapy for young people aged 10 - 23 and their families to address conflict arising from issues such as violence, anxiety, bullying, depression, eating disorders, family breakdown, gaming or internet misuse, grief, self-harm, suicidal thoughts, sexual or physical abuse, sexual identity & gender issues, school refusal, & social isolation.

**Phone** Meridian Intake on 03 9896 6322 or **Email:** meridian@anglicarevic.org.au

**PARENTZONE**

# Activities & Support for Youth 12 to 18 years

## Peaceful Warriors

A group mentoring program that aims to build positive relationships between men and boys.

The program believes that positive and consistent role models help boys grow into healthy adults. Volunteer mentors from the Peaceful Warriors help boys on their journey to becoming healthier men. In term two the group will be offered to 13-16-year-olds in Yarra Ranges

**Email:** Peacefulwarriors@anglicarevic.org.au  
**Phone:** 9735 6100



## EV's Hangout

A drop-in program for young people aged 12-25. Each week young people have access to the pool, table tennis, video games, board games, food, and other activities. Young people can also connect with our youth workers for casual chat or to seek support.

When: Every Thursday 3:00 -6:00 pm  
Contact person: Marcus Kelly  
Contact phone: 0418 427 759  
Email address:  
youth@maroondah.vic.gov.au

<http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout>

## Eastern Youth Services

### Boroondara Youth Services

<https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre>  
**9278 4608**

### Knox Youth Services

<http://www.knox.vic.gov.au/youth>  
**9298 8000**

### Manningham Youth Services

<https://www.each.com.au/manninghamyouth/youth-programs/>  
**130000 EACH / (130000 3224)**

### Maroondah Youth Support Service

Realm Ringwood (M-F 9-5)

<http://www.maroondahyouth.com.au/Support-for-Young-People>

**Email:** youth@maroondah.vic.gov.au

**Phone:** Rachelle Jones **0418 488 279**

### Monash Youth Services

<https://www.monashyouth.org.au/Programs>  
**9518 3900**

### Whitehorse Youth Services

<https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities>

**9898 9340**

### Yarra Ranges Youth Services

<https://www.yarraranges.vic.gov.au/Community/Youth>  
**1300 368 333**

### YSAS

#### Youth Support and Advocacy Service

<https://ysas.org.au/>  
**9415 8881**

### Headspace

Confidential and free mental health support for young people aged 12 to 25 years

<https://headspace.org.au/>

Knox - (03) 9801 6088

Hawthorn - (03) 9006 6500

# Activities & Support for Youth 12 to 18 years

## EACH Youth and Family

EACH Youth & Family are running several online and in person group social activities for young people aged 15- 25y/o in the coming months.

Programs include:

- **Just Vibing** - online safe and inclusive social group for young people aged 15 - 25 years to engage in fun activities
- **Just Shine** - therapeutic group program for young women aged 14-18 years
- **Youth & Family Craft Space** - group craft space for young people aged 15-25 years

Stay connected to upcoming EACH activities via their Youth & Family Facebook page.

<https://www.facebook.com/groups/eachyouthvic/>



## Doncare

### Online Anxiety Support Group for Teens

Some of the most comforting words in the universe are 'me too.'

That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road.

This online support group will offer teens the opportunity to share what they have been feeling and to understand their experience of stress, worry and anxiety. Teens can also share what's worked for them (and what didn't!).

Over the four sessions, Doncare's Counsellors will lead the group to guide learning about types of anxiety; why we experience stress and strategies to help.

Stop the Stress is available to teens aged 12-15 years who attend school in Manningham or reside in the municipality.

**Where:** Online

**When:** Wednesday - (4 weeks)

**Time:** 4:00pm - 5:00pm

**Contact:** Daina or Andrea - 9856 1500

**Email:** [doncare@doncare.org.au](mailto:doncare@doncare.org.au)

**Webpage:**

<https://doncare.org.au/news/thriving-for-parents-t2-2021>

# Disability Programs for Parents

## LIVING WITH AUTISM

**7-week parenting program bringing together parents living with a child with Autism**

Are you the parent or carer of a child who has a diagnosis of autism?

This free 7-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting

**When:**

Wednesday July 28 - September 8th 2021

**Time:** 7.00pm - 8.30pm

**Bookings:**

To book please email

[Michelle.emeryevans@anglicarevic.org.au](mailto:Michelle.emeryevans@anglicarevic.org.au)

If you'd like more information feel free to contact Michelle on 0438 646 744



**PARENTZONE**



# Disability Programs for Parents

## SAFE AND RESPECTFUL

**7 week parenting program focused on supporting your disabled young people develop respectful relationships, positive self-identity, sexuality and sexual health**

- Are you the parent or carer of a child who has a disability?
- Are you concerned about their future relationships, sexuality and sexual health?
- Would you like to discuss your concerns with other parents going through the same things?

This free 7 week parenting program is an opportunity to ask questions about your young persons identity, sexuality, sexual health and relationships and we will support you to consider different approaches/strategies to help with parenting.

The group is free of charge but bookings are required

### WHEN:

Monday afternoons 1-2:30pm starting August 2nd-September 13th afternoon tea provided.

### WHERE:

St Lukes Anglican Church ante-room  
Vermont  
crn of Canterbury & Mitcham Rds. Vermont  
entry off Canterbury Rd

### COST:

**Free of charge** for parents in the Eastern Suburbs of Melbourne  
(Bookings essential)

### BOOKINGS:

To book please email  
Michelle.emeryevans@anglicarevic.org.au  
If you'd like more information feel free to contact Michelle on 0438 646 744

## Support for Families - Steps to success

Are you the parent of a young child aged 0 - 6 with disability or a child who has recently been diagnosed? The journey of identifying that your child has a developmental delay or disability can be an emotional rollercoaster. Association for Children with a Disability (ACD) has a FREE online workshop Support for Families - Steps to Success which provides information about NDIS, early intervention, specialists, therapists and other services.

This workshop will give you the knowledge and confidence to navigate your child's early years and first diagnosis. These workshops are facilitated by parents of children with disability who have personal experience navigating the early years.

### Topics include:

- Respite
- Financial Support
- Staying connected and supporting siblings
- Counselling and looking after yourself

### When:

- Thursday 22 July - 10am
- Tuesday 27 July - 10 am
- Wednesday 28 July - 8:00pm
- Thursday 29 July - 1:00pm
- Saturday 31 July - 10:30 am

**Cost: Free**

**Phone: 03 9880 7000**

**Email: <https://www.acd.org.au/>**

PARENTZONE

# Disability Contacts for Families



## **Association for Children with a Disability (ACD)**

**Support Line Monday to Friday 9:00 am-5:00 pm**

Email: [acdsupport@acd.org.au](mailto:acdsupport@acd.org.au) with your preferred day and time for a callback

Text: 0475 577 997 with your preferred day and time for a callback

Phone: 03 9880 7000 or 1800654 013 (regional)

## **AMAZE**

Builds autism understanding in the community, influences policy change for autistic people and their families/supporters, and provides independent, credible information and resources.

(03) 9657 1600 Web: <https://www.amaze.org.au/>

## **Autism Counselling**

Suite 2/171 Boronia Rd, Boronia 0414 487 509

## **Cerebral Palsy Support Network**

A community that advocates for inclusion and self-determination of individuals with Cerebral Palsy  
<https://cpsn.org.au/> 9478 1001

## **Deaf Victoria**

Advocates to increase access to services and to educate the wider community on how to work, play, and study with deaf and hard of hearing people. <https://www.deafvictoria.org.au/> 0431 476 721

## **Down Syndrome Victoria**

Provides families and people with Down syndrome with support, encouragement, information and resources.  
Phone 1300 658 873 Email [info@dsav.asn.au](mailto:info@dsav.asn.au) <http://www.downsyndromevictoria.org.au/>

## **Epilepsy Action Australia**

Provider of epilepsy support and information nationwide. <https://www.epilepsy.org.au/>

## **Scope Australia**

Support for people with physical, intellectual disabilities, and developmental delays to achieve their goals.  
1300 472 673

## **VALID**

Equipping and empowering people with a disability and their families using training tools, information, and resources. 130 Cremorne street, Richmond Vic 3132 03 94164003

## **Yooralla**

provides quality services for people with disability across Victoria <https://www.yooralla.com.au/> 03 9666 4500

# Aboriginal and Torres Strait Islander Support for Families



## Djirra

<https://djirra.org.au/>  
(03) 9244 3333

Where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

## Dardi Munwurro

<https://www.dardimunwurro.com.au/>  
1800 435 799

Delivers a range of family violence, healing, and behaviour change programs and services.

Breaks the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, acknowledge the present and create a positive vision for the future.

## The Healesville Indigenous Community Services Association

[admin@hicsa.org.au](mailto:admin@hicsa.org.au)  
(03) 5962 2940

A welcoming and culturally affirming place in that provides information, services and programs that are focused on building a healthy, strong and skilled community.

## Mullum Mullum Indigenous Gathering Place

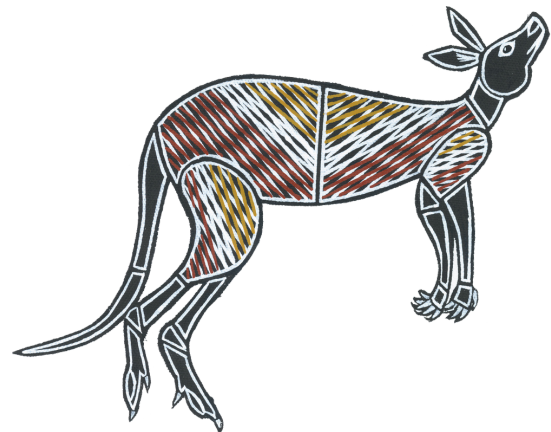
<https://www.mmigp.org.au/>  
(03) 9725 2166

- Elders, Men's, Women's and Youth networks
- Burrai Playtime
- Food bank
- Access and support
- Aboriginal Health Promotion and Chronic Care Program (AHPACC)
- Indigenous Community Links

## Boorndawan Willam Aboriginal Healing Centre

[bwahs.com.au/](http://bwahs.com.au/)  
(03) 9212 0200

A culturally safe service that assists in their healing journey from the impact of family violence. Boorndawan Willam (Safe House) is a place where you can strengthen your family and relationships through our holistic Aboriginal cultural and spiritual approach.



## Victorian Aboriginal Child Care Agency (VACCA)

[vacca.vacca.org/](http://vacca.vacca.org/)  
(03) 8727 8800

A state-wide Aboriginal Community Controlled Organisation servicing children, young people, families, and community members. The largest of its kind in Australia.

# Culturally and Linguistically Diverse Families



## Chinese Family Services

Uniting Connections offer a range of programs to support families living in Monash. Programs offered include:

- Chinese Playgroup
- Information sessions for Chinese parents
- Support for Chinese fathers

**Phone:** Joseph Jin - 0422008145 or 98754222

**Email:** Joseph.Jin@vt.uniting.org

## Victorian Multicultural Commission

Strengthens cultural diversity in Victoria through consultation, advocacy, celebration, and promotion. Site list more than 1700 services including interfaith networks, language service providers, government agencies, language schools, and events

**Phone:** 7005 1267

<https://www.multiculturalcommission.vic.gov.au/>

## Migrant Information Centre

The Migrant Information Centre (Eastern Melbourne) (MIC) assists families and children from migrant and refugee backgrounds residing in the eastern suburbs of Melbourne to understand Australian life, integrate into a multicultural community, and access services.

### Term 2 Online Events:

<http://miceastmelb.com.au/whats-on/events/>

## English Conversation Corner

Free online weekly sessions to practice your English skills in a relaxed supportive environment. Organised by volunteers with training through AMES. Conversation groups are for those over 18 years of age

For more information visit:

<https://www.ringwoodchurch.org.au/be-involved/community/>

## Asylum Seeker Resource Centre

Provides material aid, housing, education support, legal aid, for people seeking asylum

<https://www.asrc.org.au/covid-19/>



# PARENTZONE

# Family Violence Support

## Eastern Domestic Violence Services (EDVOS)

Support includes working with police and courts, housing assistance, counseling, and men's intake. Free and confidential service b/h 9259 4200

a/h Safe Steps: 1800 015 188 (24-hour crisis line)

edvos.edvos.org.au

## The TRAK Forward Program

Supports people to move forward after family violence. Includes

- Safety Planning
- Child and Family Counselling
- Coaching in the home or refuge
- Support to access other services
- Access to peer support

People living in Manningham, Boroondara, Monash and Whitehorse can access the service free of charge. Intake **Phone:** 03 9896 6395

**Email:** trakeast@anglicarevic.org.au

## Crossways Life Care

Supports women who have experienced family violence through counseling, mentoring, financial care, a women's centre, meals, and community groups. Based in the Whitehorse area

**Phone:** (03) 9886 3899

**Email:** lifecare@crossways.org.au

## You Matter

A Creative art therapy group for teens aged between 13-18 years who are living with or have lived with family violence

- Improve self-confidence and self esteem
- Learn about healthy relationships
- Form new friendships
- in a safe space that encourages listening and

**When:** Thursday, from the 29th July - 2nd September **Time:** 4pm - 6pm

**Where:** Doncare - Manningham City Square, suite 4 level 1/687 Doncaster Rd, Doncaster

There is **no cost** for this program, and all art materials will be provided. No artistic skills are necessary!!

To register your child or to find out more, please **contact Sonia on 9856 1500**

## Re:SPECT - Doncare

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression to explore themes relating to emotions, values and identity. Moving towards healing and recovery.

**When:** Thursday, from the 29th July - 2nd September

**Time:** 4pm - 6pm

**Where:** Doncare - Manningham City Square, suite 4 level 1/687 Doncaster Rd, Doncaster

To register your child or to find out more, please **contact Sonia on 9856 1500**

PARENTZONE

# Support for Dads



## Dads Online

Dads come in all shapes and sizes and many are part of a separated family. There is one distinct common thread that connects us, we love our children, we embrace fatherhood and intentionally make it a priority.

Dads Online are dedicated to these Dads. We providing relevant information and ideas that tap directly into the heart of topics that are most important to Dads.

**Where:** Online

**Contact:** [www.dadsonline.com.au/contact](http://www.dadsonline.com.au/contact)

## DadsLink

The DadsLink Meetup group is a space for all the Dads and Father figures in our community to connect, while also creating opportunities for them to enjoy healthy activities and camps with their children.

**Where:** Hocokah House in Canterbury.

**Contact:** [dadslink@ymca.org.au](mailto:dadslink@ymca.org.au)

## Dads Matter

### A Parents Building Solutions Program for fathers

#### Would you like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- improve your relationship with your child?

#### When:

Tuesdays (6 evening sessions)  
26th July - 30th August

**Time:** 7.00pm to 9.00pm

#### Bookings:

Julia at Parentzone  
9721 3629 or 0400866 495

## Dads in Distress

<https://www.parentsbeyondbreakup.com/dids>

phone: 1300 853 437

**PARENTZONE**



# Useful Contacts for Families

## National Help Lines

**Police** (24-hour stations) **000**

**Lifeline** Crisis Support. Suicide Prevention **13 22 89**

**Homeless** Crisis Line **1800 825 955**

**Drug and Alcohol** Services **1800 888 236**

**Family Violence** Help: **1800 015 188**

**Kids Help** Line Phone Counselling Service: **1800 551 800**

**Parentline** Counselling information Service **1300 301 300**

**Mensline** Counselling Service **1300 78 99 78**

**Q Line** Counselling & Referral Service for LGBTI people **1800 184 527**

## CENTRELINK

Carers 132 717

Families 136 150

Financial Information Service (FIS)  
136 357 (FIS seminar booking)

Help in an Emergency 132 850

Indigenous Australians Call Centre  
1800 136 388

Languages (Multilingual) 131 202

Low Income Healthcare Card  
132 490

Online Support Hotline 132 307

myGov Help Desk 132 307

People With a Disability 132 717

## EASTERN REGION COUNCIL OFFICES

### Boroondara City Council

8 Inglesby Rd, Camberwell VIC 3124

(03) 9278 4444

<https://www.boroondara.vic.gov.au/>

### Knox City Council

511 Burwood Highway, Wantirna South VIC 3152

(03) 9298 8000

<http://www.knox.vic.gov.au/>

### Manningham City Council

699 Doncaster Rd, Doncaster VIC 3108

(03) 9840 9333

<https://www.manningham.vic.gov.au/>

### Maroondah City Council

Braeside Avenue, Ringwood or Civic Square, Croydon

1300 88 22 33 or (03) 9298 4598

<https://www.maroondah.vic.gov.au/>

### Whitehorse City Council

379-397 Whitehorse Rd, Nunawading 3131

(03) 9262 6333

<https://www.whitehorse.vic.gov.au/>

### Yarra Ranges Council

15 Anderson Street Lilydale, VIC 3140

P 1300 368 333 (03) 9735 4249

<https://www.yarraranges.vic.gov.au/Home>

## MEDICARE

**General enquiries 132 011**

Aboriginal and Torres Strait  
Islander Line 1800 556 955

Australian Immunisation Register  
Enquiries 1800 653 809

Compensation Recovery -  
Medicare 132 127

Disaster Health Care Assistance  
1800 660 026

myGov help desk 132 307

Pharmaceutical Benefits Scheme  
132 290

Telephone claims 1300 360 460  
Translating and Interpreting  
Service (TIS National) 131 450



# Eastern Region Community Services Contacts

## **ANGLICARE VICTORIA** 1800 809 722 [anglicarevic.org.au](http://anglicarevic.org.au)

### **Anglicare Bayswater (03) 9721 3688**

666 Mountain Highway Bayswater VIC 3153

- Child FIRST
- Cradle to Kinder (C2K)
- Integrated Family Services
- Men's Behaviour Change Group
- ParentZone

### **Anglicare Box Hill (03) 9896 6322**

7-11 Shipley Street Box Hill VIC 3128

- Adolescent Support, Youth Counselling and Mediation
- Crisis Accommodation for Young People
- Drug & Alcohol Services
- Family Counselling
- Family Services
- Financial Counselling
- Foster and Kinship Care
- Men's Behaviour Change Group
- Residential Care

### **Anglicare Wantirna (03) 9721 3650**

1/603 Boronia Road, Wantirna South VIC, Australia

- Drug & Alcohol Services

### **Anglicare Lilydale (03) 9735 4188**

47-51 Castella Street, Lilydale, Victoria, 3140

- Family Violence Support
- Foster Care Intake and Services
- Integrated Family Services
- Men & Boys Program
- TEACHaR

## **EACH** **Eastern Access** **Community Health**

<https://each.com.au/services>

**Phone: 1300 003224**

- Assistance in accessing NDIS Services
- Childhood Intervention Services
- Speech Pathology
- Occupational Therapy
- Counselling
- Dietetics
- Oral Health
- Playgroups
- Psychology
- Child care
- Youth Clinic
- Youth Development
- Youth Counselling
- Youth Group programs
- Youth Mental Health support

## **DONCARE** **Manningham City Square,** **Suite 4 L1/687 Doncaster Rd,** **Doncaster (03) 9856 1500**

- Information & Emergency Relief
- Counselling
- Family Services
- Family Violence Prevention and Recovery Services

## **BEYOND BLUE** 1300 22 4636

Support for depression and anxiety

## **HEADSPACE YOUTH MENTAL HEALTH**

Phone Counselling 1800 650 890

Hawthorn (03) 9815 0818

Knox (03) 9801 6088

## **INPSIRO COMMUNITY HEALTH**

Lilydale · (03) 9738 8801

Belgrave (03) 9738 8853

## **RELATIONSHIPS AUSTRALIA**

1300 364277

## **SANE AUSTRALIA** 1800 18 7263

Mental illness and support information

## **UNITING**

<https://www.vt.uniting.org/> Phone: 1300 003 224

### **Uniting Burwood East Phone: (03) 9803 3400**

Emergency Relief: 9:30am to 3:35pm Counselling: By appointment

### **Uniting Connections** Blackburn 9875 4222 Croydon 9724 2222

Child FIRST, Family Services, Home-Start Scheme, Parenting Assessment and Skills Development Service, Starting Out

### **Uniting Harrison** Mount Waverley (03) 9051 3000

Crisis assistance, Family Mediation, Youth Support, Affordable Housing

### **Uniting Wesley** Croydon (03) 9839 6100 Ringwood (03) 8870 4070

Foster Care, Adolescent Support, Family Violence, Homelessness & Crisis

### **Uniting Prahran** Kew East (03) 9692 9400 Mt Waverley (03) 9692 9400

Mental Health Support, Personal Helpers and Mentor Service



# Partnering and Professional Training with ParentZone

## Parent Educators Network

The next **Parent Educators Network Meeting** will be on Tuesday the 20th of July from 9:30 - 11:00 am on Zoom. Any professionals working with parents in the Eastern Region are welcome to join us in sharing resources, networking, and hearing from our informative guest speakers!

ParentZone offers **professional consults and training to professionals** working with parents on a variety of themes and covering all ages and stages.

This term we will focus on Learnings Online - Moving forward successes and learnings from working online. We plan to have time to connect, share resources, service updates and identifying emerging issues. Click the link to book:

<https://www.trybooking.com/BSBYS>

If you would like to be on our **mailing list** to hear about future ParentZone events, or if you would like further information on training opportunities available through ParentZone please email:

[parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

We look forward to hearing from you!  
The ParentZone Eastern team,  
**Tamara, Sharon, Julia, Michelle, Laurie, and Jo**



## ParentZone Newsletter Submission Dates

### What Are Your Plans for 2021?

As a Parent Resource Service, we are very interested in hearing from professionals who work with parents throughout the Eastern region of Melbourne.

What emerging needs have you identified?  
What upcoming programs and services is your organisation offering or planning to offer?

To submit an entry into future ParentZone newsletters **please email** [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au) **by the last day of each school term.**